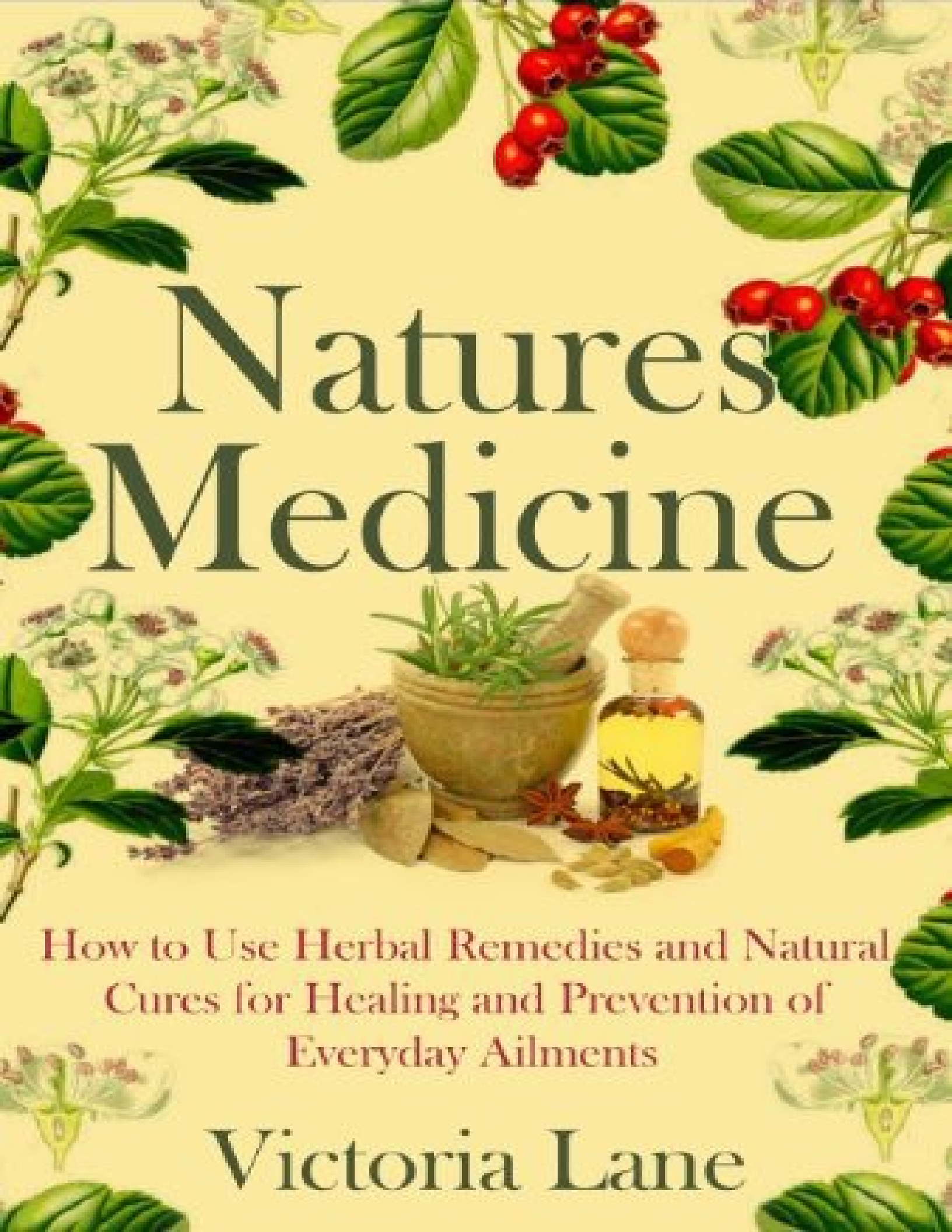
Natures Medicine



How to Use Herbal Remedies and Natural Cures for Healing and Prevention of Everyday Ailments

Victoria Lane

NATURES MEDICINE

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VICTORIA LANE

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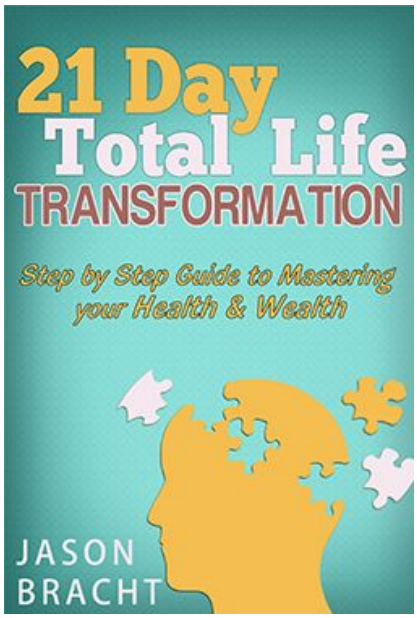

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1st Edition

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INTRODUCTION TO NATURE'S MEDICINE

Natural medicines comprise of a wide range of natural therapies that work on both the body and mind with an aim to improve your overall health by relieving physical pain and abolishing mental sufferings related to disorders such as anxiety, stress etc.

These therapies may include herbal medicine, traditional Chinese medicine, Homeopathy, Ayurveda, Acupressure and also use of natural plant essences to heal and harmonize your body and mind. They are considered to be safe and do not pose any side effects. Most of these therapies have been in use for thousands of years and are focused on healing your whole body and not just the physical symptoms. You know that the systems of natural medicines (treating with herbs, Acupressure, Ayurveda, traditional Chinese therapy etc.) have persisted for so long, correct? I believe that is enough evidence to prove that they are extremely impactful.

Natural remedies also fill your body with the energy that it requires in order to operate at its optimum level. They help in keeping your body physically, spiritually, emotionally and mentally strong. This in turn ensures that toxins and other physical and mental ailments do not take control of your body or produce any negative impacts.

I have been practicing and propagating the use of natural remedies for quite some time now.

My affair with Nature's medicine began around six years back when I successfully quit smoking. Yes, you read it right! I successfully quit smoking – I have not smoked a single cigarette in the past six years.

Well, I grew up in a society where smoking was considered cool; it was a part of my culture – both my parents smoked, so it came naturally to me. I remember smoking my first cigarette when I was only ten! Initially, I would smoke one cigarette a day, then this changed to two and by the time I was sixteen, I was smoking a pack or more!

I understood how I was damaging my health and six years ago, I tried to quit smoking for 120th time! Yes, I had previously tried various means to get rid of this habit, but that was all in vain. I would give up for a few days and then once again start with one cigarette a day converting into a pack within a few days.

But this time, I was determined once again and reached for Nature's medicine. Two things that really worked for me were some herbal supplements and meditation. It is difficult for non-smokers to understand how it feels when you get that urge to smoke. At this time, surviving without a cigarette for even ten minutes seems like a huge accomplishment. Meditation helped me sail through. I would get the urge to smoke and my mind would tell me to take a few deep breaths and try to relax. It was extremely difficult initially and I would count my breaths. I discovered that my urge subsided with around thirty deep breaths. My constant meditation practice made my desire to smoke weaker. Without really realizing and in complete harmony with my body and mind, I could free myself from the clutches of cigarettes in just a few weeks.

An Ayurvedic friend of mine also introduced me to oat straw tea. This was phenomenal. It not only eased my symptoms of withdrawal, but also helped in

eradicating those nasty cravings. Another thing that I tried was the mood enhancing nature's supplement called St. John's Wort. This one was a great help in the years that I was bidding a final farewell to my former best friend (cigarettes).

Today, it has been six years since I smoked a cigarette and trust me, life without cigarettes is just amazing! I love my new found freedom.

This experience also made me fall in love with other remedies that nature has to offer and I spent most of my time extensively researching about the abundance of great stuff nature has to offer. I wanted to use my knowledge about natural remedies to help other people too. I have been there, so I understand how difficult it is.

This book is intended to educate you about some of these natural therapies/ herbs and how you can use them to heal your own self. Nature's medicine focusses a lot on prevention and wellness rather than cure.

You should read this book if you want to:

- Treat the cause of your disease and not just the symptoms
- Boost your body's natural healing ability using Nature's medicine.
- Create your customized preventive plan through diet, nutrition and other herbal therapies
- Transform your current lifestyle into a healthier lifestyle

Through this book, I will provide information on some time tested and impactful natural therapies for all kinds of conditions.

Did you know that all living things possess an inborn capability to heal themselves? The vital force in your body promotes self-repair, self-cleaning and eventually self-healing. Consistent focus on your immune, nervous, detoxification and hormonal systems can lead to balance and restoration. You can aim at achieving this balance and restoration through the principles of prevention which can be achieved through nature's medicine cabinet.

DIFFERENCE BETWEEN NATURE'S MEDICINE AND SYNTHETIC MEDICINES

Nature's medicines are different from their synthetic counterparts since they contain many ingredients that work in conjunction with each other in order to produce a synergistic impact. Let me explain this with an example:

Meadowsweet is a natural herb that contains salicylates. Now, salicylates are similar to aspirin. The difference, however, is the presence of other healing compounds that guard your mucous membrane from the harmful impact of salicylates. These healing compounds are not present in aspirin. Keeping this in mind, does it not make perfect sense to use natural medicines since they are more 'whole' when it comes to treatment? They not only treat the symptoms, they prevent you from unwanted side effects too!

HOW CAN YOU USE NATURE'S MEDICINES?

Well, Nature's medicines can be used in a number of different ways:

Compress: A compress can be made by soaking a clean cloth in a herbal decoction, infusion or tincture.

Decoction: Decoctions can be made by boiling around sixty gm. of fresh herbs in 500 ml. of water for approximately twenty five minutes. Decoctions should be prepared for same day use.

Infusion: An infusion can be best prepared by pouring approximately 500 ml. of water over 70 gm. of fresh herbs. This should be allowed to steep in for around five minutes.

Ointments: Ointments can be prepared by the double boiler method by use of petroleum jelly and dried herbs.

Infused oils: Infused oils are also made by the double boiler method. Around 750 gm. of fresh herb is boiled with 500 ml. of oil for approximately three hours.

Poultice: Poultice can be made by making a paste of dried herbs and mixing it with water. This is then heated to a temperature that the skin can bear.

Syrups: Decoctions mixed with sugar to create a more appealing taste result in syrups.

NATURE’S HERBS (TWENTY FIVE NATURAL TREASURE’S)

Herbs are hot and getting hotter, aren’t they? Years ago, if someone wanted to use a plant for medicinal purposes, the only reference index available was folklore. At that time, no proven or reliable research on the subject of herbal medicines existed. But with rising public demand, loads of research has been conducted and we now have proof (even among U.S. physicians and scientists!) that herbs can not only serve as worthwhile treatments for many ailments, they can act as powerful immune boosters too.

It is interesting to note that in the present times; around eighty percent of the world’s population relies on traditional natural medicine in some way or the other. In fact, many modern drugs are derived from plant extracts.

TEN CULINARY HERBS THAT CAN HEAL

These are the herbs that are commonly used in your kitchen and possess healing properties. They are all safe and edible.

Coriander

Latin name: *Coriandrum sativam*

Other names: Coriander is also known as Cilantro, Dizzy corn, Chinese Parsley, Japanese Parsley

Habitat: Coriander is native to Mediterranean and Middle East region. It is best grown in well-drained soil or in dry climate.

Description: Coriander can be described as an annual plant and grows up to 50 centimeters in height. It possesses bright green leaves that are broadly lobed near the base. The leaves are thinner and longer on flowing stems. The flowers of the plant are white to pale pink and are produced in small umbels.

Part used: The whole plant can be used.

Useful components: The useful components of the plant are linalool, flavonoids, coumarins, polyacetylenes, phenolic acids, mucilage and phthalide

Medicinal uses: Coriander is considered to be a diuretic, stimulant, tonic and carminative. It is extremely helpful in various kinds of digestive dysfunctions and helps in cases of ulcerative colitis, general indigestion, typhoid fever and diarrhea. If used 2regularly, coriander water reduces cholesterol levels. Boiled coriander seeds can enable reduction of excessive menstrual flow. When used externally, coriander juice is great for treatment of dry skin and can be extremely impactful in treating blemishes and pimples. A decoction created from the dried coriander plant serves as an excellent eye tonic.

Dill

Latin name: *Anethum graveolens*

Other names: It is also called Dill Weed

Habitat: Dill is native to western Africa, southwest Asia and Mediterranean region. Now, it is acclimatized in many parts of USA and Europe. Dill grows best in full sun and sandy soils.

Description: Dill can be described as an annual plant and grows up to 1.5 m in height. It has pinnately divided, fern-like, feathery leaves that are approximately 0.3 m long. The stems of this plant is hollow and stiff. The plant bears small and numerous, yellow colored flowers in large umbels. The flowers have tiny petals rolled inwards and the fruit is bitter in taste. The plant is powerfully aromatic, with its taste similar to caraway.

Parts used: The whole herb can be used.

Useful components: The herb is rich in calcium, iron, manganese, dietary fiber and flavonoids.

Medicinal use: Dill is considered to possess anti-cancer, antispasmodic, anti-fungal, anti-bacterial, diuretic and carminative properties. The oil of this herb is extremely useful in cases of indigestion, indigestion related diarrhea, flatulence and acidity. Daily consumption of Dill oil promotes digestion and eases constipation. Dill leaves can be used as a dressing in cases of ulcers and blood boils. When combined with sesame oil, Dill oil can help alleviate swollen and inflammatory joints. The seeds of this herb are very helpful in treatment of respiratory problems such as colds, bronchitis, influenza etc. They also help in treating bad breath. The flavonoids found in Dill's essential oil are responsible for its anti-microbial action. The herb is also used as a remedy for insomnia. It can also help lactating women, as it elevates milk flow.

Garlic

Latin name: *Allium sativum*

Other names: Hard neck Garlic, Soft neck Garlic, Rocambole

Habitat: Although garlic is native to central Asia, it is now grown all over the world. It prefers well drained soil and loads of sunlight.

Description: Garlic is considered to be a bulbous perennial plant and can grow up to 1 meter in height. It develops from an underground bulb which propels the shoots up in the air. The garlic bulb comprises of papery white cloves with numbers ranging between six to twenty. The leaves of the herb are opposite and erect, long and flat, with a crease down the middle. The flowers appear to be starry and white.

Parts used: The bulbs of the garlic plant are the most used part. Sometimes, leaves may also be used.

Useful components: The garlic plant is a rich source of vitamins A, B, C, Alliin, Allicin and Allinase.

Medicinal use: Garlic is known to have a long history of use as a medicinal herb. It has been cultivated for more than 5000 years and is considered to be an anti-asthmatic, anti-helmintic, anti-cholesterolemic, antispasmodic, antiseptic, diaphoretic, cholagogue, diuretic, febrifuge, expectorant, stimulant, tonic, stomachic and vasodilator. With so many beneficial properties, it can be considered as an immensely beneficial medicinal plant. It is often used in cases of fungal and bacterial infections and can be extremely helpful in cases of candida, ringworms, vaginitis and thrush. Garlic enables detoxification of the body and diminishes the growth of certain kinds of tumors. It is an incredible antioxidant that can enable prevention of heart diseases. It is extremely beneficial in lowering cholesterol levels, blood pressure and regulation of blood sugar levels. In addition, Garlic can also limit the development of arteriosclerosis and serve as a powerful antiseptic for treating wounds.

Lemon Balm

Latin name: *Melissa officinalis*

Other names: Balm Mint, Bee Herb, Garden Balm, Melissa, Honey Plant, Sweet Balm

Habitat: Lemon Balm is native to Northern Africa and southern Europe.

Description: Lemon Balm is a perennial plant that grows between 70 – 150 centimeters in height. It has oppositely arranged leaves that are dark to yellowish green in color.
The plant is also said to have an angular stem. Clusters of small flowers that are white to yellow in color are seen during summer.

Parts used: Dried or fresh leaves of the plant are used for medicinal purposes.

Useful components: Lemon Balm is rich in essential oil, chlorogenic, ferulic and caffeic acid, flavonoids and triterpenes.

Medicinal use: It is believed that lemon balm safeguards longevity. It is often used as a mild sedative, and as a natural cure for mild gastrointestinal problems. It is also used in combination with certain other calming herbs to treat insomnia, anxiety and depression. Lemon Balm is also known to be carminative, and is effective in treating excessive gas, flatulence and indigestion. It is used topically to cure cold sores caused by herpes simplex.

Marjoram

Latin name: *Origanum majorana, Majorana hortensis*

Other names: Knotted Marjoram, Sweet Marjoram, Pot Marjoram

Habitat: Marjoram is native to the Mediterranean area

Description: Marjoram is considered to be a member of the Origanum genus, and shares similarity with Oregano (Origanum vulgare). It has a sharp and spicy odor. It is an evergreen shrub that grows to a height of around forty centimeters. It has a red-brown stem. The leaves are hairy and small. They are greenish grey in color. The plant produces pink or white flowers during summer season.

Parts used: The whole plant is used for medicinal purposes.

Useful components: The plant is rich in caracrol, flavonoids, terpenes triterpenoids, linaloool, sabinene, sabinene hydrate and caffeic and rosmarinic acid

Medicinal use: Marjoram is considered to demonstrate sedative, expectorant, carminative and stimulant properties. The plant can be used internally and externally. When used internally, it can treat cases of chest disturbances, bronchial asthma, insomnia, digestive disorders, headaches and anxiety disorders and painful menstruation. It is used in the form of essential oils externally and is helpful in relieving muscle pains. It is considered to be a great support for patients suffering from arthritis since it can provide relief to stiff and swollen joints. Direct application of oil to the skin can provide substantial relief from bruising. Marjoran is also used in cases of gas, flatulence and bloating.

Parsley

Latin name: *Petroselinum sativum, Petroselinum crispum*

Other names: Garden Parsley

Habitat: Parsley belongs to the Central Mediterranean region and is used today as a spice, herb and medicine.

Description: Parsley is a herbaceous plant that can grow up to thirty cm high and possesses bright green leaves that are around 10 to 25 cms. in length. These leaves are arranged in a rosette like manner and may possess a number of curled leaflets. The flowering stem appears during the second year of the lifecycle of the plant. The seeds of the herb are ovoid in shape.

Parts used: The whole herb is used.

Useful components: The plant is rich in volatile oils, flavonoids, coumarins, vitamins and phthalides.

Medicinal use: Parsley is known to have great medicinal benefits. This little aromatic plant is digestive, carminative and tonic. It is really beneficial in relaxation of spasms and can soothe a number of complaints related to the digestive system. These include flatulence, indigestion and loss of appetite. Parsley is an extremely impactful diuretic that complements therapies related to kidney stones, breast discomfort, bladder stones and other urinary infections. The herb is also beneficial in easing menopausal symptoms and premenopausal discomforts too. Certain studies also highlight the role to Parsley in preventing osteoporosis. The chlorophyll present in Parsley serves as an effective breath sweetener. It can also help in treating stings and insect bites when applied externally in form of a fresh juice. The infusion is impactful in treating acne and skin blemishes.

Peppermint

Latin name: *Mentha piperita*

Other names: Corn Mint, Western Peppermint, Lamb Mint

Habitat: Peppermint is indigenous to Asia and Europe.

Description: Peppermint is known to be a perennial plant arising as a result of hybridization between Watermint (Mentha aquatica) and Spearmint (Mentha spicata). It possesses a fleshy rhizome along with fibrous roots. The leaves appear to be oval, green and opposite. They are toothed along the margins. It flowers between July and Septmeber and bears very small, violet colored flowers. The leaves and the flowers have a characteristic aroma.

Parts used: The flowers and the leaves of the plant are used.

Useful components: Peppermint is a rich source of flavonoids, triterpenes, phenolic acids and volatile oil

Medicinal use: Peppermint is believed to possess emetic, astringent, stimulant and antiseptic qualities. Since long, it has been used in the treatment of digestive disorders. The flowers of the plant serve as an amazing remedy for cramps, indigestion, colic, flatulence, nausea and vomiting. The leaves can be used to prepare tea. Peppermint has a comforting impact on the stomach, and can also serve as an appetite stimulant. Topical application of peppermint oil helps in reduction of arthritis,

rheumatism or other chronic joint pains. The antiseptic properties of peppermint make it useful in relief of toothache or treatment of other gum infections. Peppermint inhalers and vapors are used in case of sinus congestion, nasal congestion, bronchitis and laryngitis.

Rosemary

Latin name: *Rosmarinus officinalis*

Other names: Compass Plant, Compass Weed

Habitat: Rosemary finds its origin in the Mediterranean region and thrives in sandy, dry or rocky soils.

Description: Rosemary is known to be an evergreen woody shrub that grows up to 1.8 meters in height. It possesses aromatic, needle-shaped leaves and a scaly, grey bark. The leaves are dark-green on their upper-side, and appear pale and glandular towards the underside. The plant bears flowers that are really small and arranged in clusters. The flowers bloom during summer and are pale blue in color. The upper lip of the flower comprises of two lobes whereas the lower lip has three lobes.

Parts used: The flowers and the leaves of the plant are used.

Useful components: Rosemary plant is a rich source of calcium, iron, vitamin B6, rosmarinic acid, carnosic acid, caffeic acid, camphor, betulinic acid, ursolic acid, rosmanol, rosmaridiphenol,

Medicinal use: Rosemary has been traditionally used as an astringent, antiseptic and a food preservative. It is one of the ingredients in facial cleansers for oily skin, and is also used in compresses for treatment of sprains and bruises. It is an extremely impactful muscle relaxant, and aids in relieving muscle cramps along with improving blood circulation in the impacted area. It also helps in relaxing the muscles of the uterus and the digestive tract. Hence, it finds its use in menstrual and digestive disorders. Various studies prove that Rosemary has a beneficial impact on the brain. One of the components found in Rosemary is Carnosic acid. This can protect your brain from free radicals, therefore ensuring prevention against neurodegenerative disorders and stroke. Rosemary is also used in aromatherapy. The oil is believed to improve memory and concentration.

Sage

Latin name: *Salvia officinalis*

Other names: Common sage, Garden Sage

Habitat: Sage belongs to the Mediterranean region and usually grows along hillsides and grasslands.

Description: Sage is a small, evergreen, perennial shrub. Its root is strong and the stems are woody and wiry. The leaves seem to be finely toothed and appear to be greenish grey in color. The flowers of the plant are violet-blue in color and appear in whorls.

Parts used: The whole plant is used.

Useful components: The Sage plant is rich in tannins, volatile oil and resin.

Medicinal use: Sage is considered to be antiseptic, antihydrotic, antispasmodic, astringent, cholagogue, carminative, stimulant, galactofuge, tonic and vasodilator. In ancient times, the sage plant was considered to be “the savior” (salvia), or the healer. This is also evident from its name and it is considered as an impactful remedy that can promote well-being and longevity. Sage finds its most common use in treating respiratory problems such as cough, sore throat, cold and other infections. It is often recommended as uterine stimulant. Sage also boosts your appetite. The tea prepared by using parts of the sage plant is extremely advantageous in complaints of the nervous system, kidney disorders, liver disorders and problems of the digestive system. A strong infusion prepared by the sage plant can act as a lotion against ulcers and raw abrasions on the skin.

Thyme

Latin name: *Thymus vulgaris*

Other names: Common Thyme

Habitat: Thyme is indigenous to Europe

Description: Thyme is known to be a perennial subshrub and grows up to 15 to 25 centimeters high. It possesses branched and woody stems and extremely small leaves that seem to be hairy on their underside. The leaves are linear to oval in shape and greyish green in color. Purple flowers organized in dense whorls appear during the summer season.

Parts used: The flowering top of the plant is used along with the leaves.

Useful components: The useful components of the plant include its volatile oil (Thymol), rosmarinic and caffeic acid, tannins, flavonoids, , gum, triterpenoid and saponins.

Medicinal use: Thyme has been used as an antimicrobial, antispasmodic, antiseptic, astringent, antitussive, anthelmintic, carminative, expectorant, disinfectant and tonic. It is extremely useful in cases of intestinal infections and infestations, such as hookworms, ascaris and certain kinds of bacteria, fungi and yeasts including Candida albicans. The active component of the thyme plant is termed as thymol and is extremely impactful against salmonella and staphylococcus bacteria. Thyme may also elevate liver functions. It is used as an appetite stimulant and can be utilized in the treatment of pulmonary, bronchial and urinary infections. Some people use thyme as an effective mouthwash. It is also beneficial in treatment of tonsillitis, pharyngitis and laryngitis.

TEN GARDEN PLANTS THAT CAN HEAL

The below mentioned plants are really attractive and can be grown in an ornamental garden or small containers.

Aloe vera

Latin name: *Aloe Barbadensis Miller*

Other names: Indian Alces, True Aloe, Kumari, Lu hui, Barbados Aloe, Gawarpaltra, Curacao Aloe

Habitat: Aloe vera is native to East and South Africa. However, the plant is known to be extremely adaptable – the root of the plant can survive at extremely low temperatures.

Description: Aloe Vera can be said to be one of the oldest known medicinal plants. In fact, the medicinal uses of the plant date back to the beginning of the third century BC. This plant has been used in traditional medicine in India, Egypt, Japan, China and Russia. It is short, perennial and succulent. It does not possess any stems and the leaves are green in color. The leaves appear to be fleshy and toothed along the margins. The inner tissue of the leaf contains Aloe Vera gel. The plant bears tubular green to bright yellow flowers on the flower stalk from the main stem. This is seen during summers.

Parts used: The main part that is used in medicine is the central tissue of the aloe leaf – this contains aloe gel.

Useful components: The main constituent in the plant is aloin which is obtained from the gel in its leaf. The other advantageous constituents are vitamins A, B1, B2, B3, B6, B12, creatinine, HDL cholesterol, creatin, essential amino acids, secondary amino acids and minerals such as zinc, calcium, magnesium, chromium, phosphorus, potassium and iron.

Medicinal use: Aloe Vera has amazingly powerful healing powers on external as well as internal use. Through internal use, Aloe vera boosts your immune system, aids in stomach ailments by elevating your digestive system and eliminating the abusive bacteria and fungi present in your intestinal tract. Aloe Vera contains salicylic acid which has an analgesic impact. The plant is therefore used as an effective pain reliever. Dried aloe latex is extracted from the leaf and is an impactful laxative. Aloe vera can also be used externally as an extremely impactful skin moisturizer. It softens and nourishes the skin and has pH similar to the skin. It penetrates the deepest body tissues, and hence, possesses the ability to restore and regenerate them, securing its place as a great wound healer too. It is also used to cure dandruff. Aloe vera shows excellent results in treating blemishes and skin marks. It is also advantageous in facial

edema. Some people use it as a mouth rinse since it helps in lock jaw and cold spores.

Bergamot

Latin name: Monarda didyma

Other name: Oswego tea or bee balm

Part used: The flowers and leaves of the plant are used

Description: Bergamot belongs to the mint family and its leaves possess a citrus flavor. It grows up to 90 cm. in height and the flowers may possess several colors.

Medicinal uses: Bergamot is a stimulant and an aromatic herb that aids in elevating your digestion. When used internally, Bergamot provides relief from throat and chest infections, colds and digestive disorders. The leaves can be added in hot water for a reenergizing and relaxing bath experience. The plant finds its uses in alleviating anxiety and nervous system disorders too. It is also impactful when used in urinary tract disorders or disorders of the respiratory system. It can help in healing psoriasis, acne and eczema. Some people also use the plant in wounds and varicose veins. It is antispasmodic, carminative, deodorant, expectorant, digestive, insecticide, tonic and sedative.

Chamomile

Latin name: Matricaria recutita, Matricaria chamomilla

Other names: German chamomile, Camomile, Ground Apple, White Stars, Whig Plant

Habitat: Chamomile belongs to Europe and grows best in mountains or clay soils.

Description: Chamomile is an annual plant with an erect, smooth and hairy stem. The leaves of the plant are narrow and long and flowers appear individually on long and erect stalks. The flowers are yellow in color and possess white florets. July to September is the flowering season and the fruits are dry and small.

Parts used: The whole plant can be utilized for medicinal purposes.

Useful components: The Chamomile plant is a rich source of Coumarin, flavonoids, cyanogenic glycosides, tannins, volatile oil, sailcylates, and valerianic acid.

Medicinal use: Since time immemorial, Chamomile has been used to treat innumerable ailments. It possesses a strong and aromatic scent and is said to possess analgesic, antispasmodic, anti-inflammatory, carminative, anodyne, diaphoretic, stomachic, sedative, laxative, and tonic properties. Chamomile boasts of calming and soothing properties too. It can be used for anxiety, hysteria, headaches and nervousness. It is recommended for various digestive ailments as it calms and soothes the stomach. It provides relief from abdominal pain and is commonly used in treating indigestion, excessive gas, gastritis, colic, abdominal bloating, peptic ulcer and hernia. Chamomile tea helps in relieving menstrual pain, treating hay fever and easing asthma. It is externally used to soothe the skin and is impactful in cases of various kinds of allergies, eczema and sore skin.

Echinacea

Latin name: *Echinacea angustifolia D.C.*

Other names: American Cone Flower, Black Susans, Black Samson, Comb Flower, Indian Head, Coneflower, Rock-Up-Hat, Red Sunflower, Snakeroot, Scurvy Root.

Habitat: Echinacea is indigenous to North America.

Description: Echinacea can be said to be a herbaceous, perennial plant with an erect stem. The leaves are elliptic, linear or oval-shaped and alternatively arranged. The plant bears brownish red flowers.

Parts used: The whole plant is used.

Medicinal use: In alternative therapy, Echinacea is used to treat flu, colds, various types of infections, wounds and certain skin problems (such as boils and acne). Since it boosts the immune system, it enables your body to combat infections. It can also be used as a preventive therapy that can provide relief in common cold, chest congestion and other upper respiratory tract infections. Echinacea also finds its use in flu, vaginal yeast infections, urinary tract infections, genital herpes, gum disease, tonsillitis, bloodstream infections, streptococcus infections, malaria, typhoid, diphtheria and syphilis. Echinacea also proves beneficial in treating gastric troubles such as indigestion and flatulence. It is used in rheumatism, rattlesnake bites, migraines and attention deficit-hyperactivity disorder.

Feverfew

Latin name: *Chrysanthemum Parthenium*

Other name: Sweet feverfew

Description: Feverfew can be called a perennial and herbaceous plant that blossoms every year with minimal degree of attention. This may be planted in autumn, however, the best time to plant this is around the end of April. It grows on any ordinary good soil; however, best results are obtained on a well-drained, stiff soil that is enriched with loads of manure.

Medicinal use: Feverfew is a stimulant and a carminative that is also used in hysterical complaints, lowness of spirit and nervousness. It may also be used as a general health tonic. Feverfew decoction taken along with honey is an excellent remedy for coughs, colds, wheezing and difficulty in breathing. The herb can be used for topical use in colic pain. It also relieves the swelling and pain caused by insects. Feverfew tincture provides relief in cases of face and ear ache. It also helps in rheumatism and migraines.

Lavender

Latin name: *Lavandula angustifolia*

Other names: True Lavender, Common Lavender, Lavanda, Garden Lavender, Lavandula

Habitat: The plant belongs to the western Mediterranean region and is cultivated best on sandy and gritty loams. It thrives in well drained soils or stony grounds.

Description: Lavender is a perennial shrub that can grow up to one meter in height. The stems and leaves of the plant possess a specific, silver-green color and leaves are generally narrow and long. The flowers are spiky, aromatic and violet blue in color. The flowering season is between June and September.

Parts used: The flowers are the most used part.

Useful components: The plant is a rich source of linalool, cineol, linalyl acetate, pinene, limonene, borneol, geraniol and tannins

Medicinal use: Lavender is known for a number of medicinal uses. When used externally, in form of an essential oil, it is beneficial in treating anxiety, mental stress, insomnia, nervousness and fatigue. Lavender stuffed pillows are recommended for people who find it difficult to sleep or suffer from chronic insomnia. Lavender oil is an antiseptic that can be used for disinfecting wounds. Lavender oil is also added to baths in order to stimulate circulation. Various studies recommend that Lavender is useful in treating alopecia areata, acne, eczema and fungal infections. Lavender can be used in the form of tea as a mild sedative or an antispasmodic. It is extremely beneficial in treating stomach disorders such as loss of appetite, excessive gas and flatulence.

Marigold

Latin name: *Calendula officinalis*

Other names: Pot Marigold, Calendula, Common Marigold, Ruddles, Garden Marigold

Habitat: Marigold is indigenous to southern Europe and can now be cultivated in temperate regions of the world. The plant thrives in full sun and needs well-drained soil.

Description: Marigold can be called an annual plant that grows up to 80 centimeters in height. The leaves of the plant are hairy, pale green in color and slightly toothed. The flowers possess a strong unpleasant odor and the fruit presents itself as thorny and curved.

Parts used: All parts except the root are used.

Useful components: The plant is rich in triterpenoid esters, saponins, carotenoids resins and essential oils.

Medicinal use: Marigold possesses magical anti-inflammatory, antifungal, antiseptic and antispasmodic properties. It serves as an excellent healing agent on external use and is used to treat burns, bruises, eczema, sores, hemorrhoids and skin inflammations. It can provide relief from swelling and pain resulting from a bee sting. You would just need to rub the impacted part with Marigold flowers. The antifungal actions of Marigold make it effective in treating athlete’s foot, ringworms and Candida. Marigold is also beneficial in external and internal ulcers. Marigold is used internally to relieve gastric ulcers and infections of the throat and mouth. It can be used as tea to

elevate digestion and soothe menstrual cramps. The Marigold tea also aids in cases of constipation and liver disorders. An infusion of Marigold can relieve menstrual cramps and colitis.

Marshmallow

Latin name: Althea officinalis

Other names: Marshmellow, Marsh Mallow, Common Marshmallow

Habitat: Marshmallow belongs to Africa and Europe.

Description: Marshmallow is a perennial plant and grows up to two meters in height. The root of the plant is tap-shaped, woody and whitish yellow from the outside. It is fibrous and white from within. The plant possesses simple and erect stems with heart shaped, slightly toothed leaves. The leaves possess dense hair on both sides. The flowers appear to be large and pale purple in color. The flowering season is in August and September. The fruit is round and flat. It comprises of a number of capsular carpels that are circularly arranged around the axis.

Parts used: The flowers, leaves and root of the plant are generally used.

Useful components: The plant is a rich source of pectin, mucilage, asparagines, tannins, polyphenolic acids, flavonoids and scopoletin.

Medicinal use: Marshmallow is considered to possess demulcent, diuretic, expectorant and emollient properties. The leaves of the plant are generally used to treat respiratory and urinary system disorders. They are especially useful in cases of urethritis and kidney stones. The root is extremely advantageous in treatment of skin problems, digestive disorders and infections of the mucous tissues. The root is also helpful in inflammation of the mouth, gastritis, acidity, cough, enteritis, peptic ulcer and colitis. Marshmallow root is used as a decoction to treat various ailments such as catarrh, gonorrhea, pneumonia, renal irritation, vesical catarrh, acute dysentery, and diarrhea. It can provide significant relief in constipation and irritable bowel syndrome. When used externally, the root can help in ulcers, varicose veins, abscesses and boils.

Southernwood

Latin name: Artemisia abrotanum

Other names: Old Man, Boy's Love, Lad’s Love, Appleringie.

Part used: The whole plant is used.

Description: The Southernwood is native to the South of Europe and traces its roots to Italy and Spain. The leaves are greyish green in color and appear to be finely divided. An essential component of its volatile essential oil is Absinthol, which is not too great to smell and therefore disagreeable to bees. This makes it a strong repellant.

Medicinal use: The plant is used as an anti-helminthic, de-obstruent, antiseptic and stimulant. It is also used in disorders of the nervous system. It is really effective in deworming. It can be consumed as a decoction (which is distasteful) or tea (which is still agreeable).

Yarrow

Latin name: *Achillea millefolium*

Other names: Devil's nettle, Common Yarrow, Gordaldo, Old Man's Pepper, Nosebleed Plant, Milfoil, Thousand-leaf, Soldier's Woundwort

Habitat: The plant belongs to the Northern Hemisphere and thrives in full sunlight and on well-drained soil.

Description: Yarrow is a perennial plant that grows up to 1 meter in height. It may contain one or several rough fibrous stems. The leaves of the plant are evenly distributed along the stem. The leaves appear to be larger near the base, and are silky and hairy. Numerous small, white flowers bloom between May and August.

Parts used: The stem, leaves and flowers of the plant are used for medicinal purposes.

Useful components: The Yarrow plant is a rich source of achilleine, eugenol, camphor, proazulene, sesquiterpene lactones, sterols, tannins and triterpenes.

Medicinal use: Yarrow is known as an impactful antipyretic, astringent, diaphoretic, antispasmodic, anti-inflammatory, carminative, hemostatic, cholagogue and sedative. When consumed in the form of an infusion or a tincture, Yarrow can help treat fever and cold. When consumed in the form of a tea, it helps in treating cases of stomach ulcers, abdominal cramps, amenorrhea, diarrhea and abscesses caused by bacterial infections. It eases menstrual pains and cramps. Yarrow also demonstrates a powerful sedative impact. The anti-inflammatory property of the plant is used to heal cystitis and urethritis. External use in the form of ointments, powders and salves has proven beneficial in treating nosebleed, bruises, wounds and hemorrhoids.

FIVE MORE HEALING HERBS

Here are some more herbs that heal:

Anise

Latin name: *Pimpinella anisum*

Other names: Aniseed, Anis

Habitat: The plant is indigenous to the Mediterranean region and Southwest Asia. It thrives in fertile and well-drained soil.

Description: Anise is a herbaceous, annual plant that grows up to one meters in height. . The leaves present near the base of the herb appear to be simple whereas the leaves situated higher up may be further divided into numerous leaves. White colored flowers bloom in July.

Parts used: The seed of the plant is used in the form of an essential oil.

Medicinal use: Anise possesses a sweet flavor, and is considered as a great herbal remedy. It is an excellent tonic and is helpful in digestive problems such as bloating, indigestion and nausea. It is an extremely strong antispasmodic and expectorant and is used in the treatment of various respiratory conditions such as whooping cough, asthma and pectoral affections. It is also used as a chest rub in various bronchial ailments.

Asparagus

Latin name: *Asparagus officinalis*

Habitat: Asparagus belongs to northern Africa, Europe and western Asia and is widely cultivated as a vegetable crop. It prefers well drained and moist soils.

Description: Asparagus can be called a herbaceous plant that can grow up to 150 centimeters in height. It possesses stout stems and feathery foliage. Clusters of grass like leaves are produced from an underground stem. The flowers of the plant are whitish green in color. They are small and bell-shaped. The fruit of the plant appears as a small red berry, approximately ten mm in diameter.

Parts used: The rhizome of the plant is used along with young shoots.

Useful components: The Asparagus plant is rich in vitamins B6, C, A, E and K, magnesium, calcium, zinc, protein, thiamin, dietary fiber, riboflavin, niacin, iron, folic

acid, phosphorus, copper, manganese, potassium, selenium, chromium and amino acid asparagine.

Medicinal use: Asparagus demonstrates numerous medicinal properties. It is a powerful antispasmodic, diuretic, anti-inflammatory, diaphoretic, laxative, demulcent and sedative. Asparagus is great for people who suffer from retention of liquids. It boosts and strengthens kidney functions, and provides an amazing diuretic action. It also regenerates bladder function, aids in cases of edema and swollen joints, and serves as an excellent protection for small vessels that can rupture. The stalk of the plant is rich in antioxidants. Research proves that it may be used in prevention and treatment of various types of tumors. Asparagus also helps in balancing the hormonal levels in females. It promotes fertility and prevents the neural tube defects in new born babies. The fiber content in asparagus makes it a powerful laxative. Asparagus is also used as an aphrodisiac.

St. John's Wort

Latin name: *Hypericum perforatum*

Other names: Amber, Chase-devil, Amber Touch-and-Heal, Demon Chaser, Hardhay, Klamath Weed, Goatweed, Rosin Rose, Tipton Weed, Saynt Johannes Wort.

Habitat: St John's Wort thrives in temperate and subtropical regions of North America, Europe and Asia. It can be easily located on uncultivated grounds, hedges, woods, roadsides and meadows.

Description: St John's Wort can be described as a herbaceous plant boasting of a creeping rhizome and erect stems. It grows up to one meter in height. The leaves of the plant are yellowish green in color. They are oppositely arranged along the stem. The flowering season for the plant is between June to August and the flowers are bright yellow in color with black dots.

Parts used: The flowers of the plant are used for medicinal purposes.

Useful components: The plant is a rich source of hypericin, flavonoids, hyperforin and tannins.

Medicinal use: St John's Wort is considered to be really soothing, pain relieving, astringent, antibiotic, cholagogue, diuretic, bactericide, emmenagogue, vermicide, expectorant and vermifuge. In ancient times, the plant was used to treat menstrual disorders. It was also used as a powerful wound healer and for external ulcers along with a few respiratory and bladder conditions. Today, St John's Wort is used as a favorable remedy for a number of ailments: it helps in the secretion of bile juices, it is helpful in treating stomach cancer, hemmorhoids, herpes, it is also used as a mood stabilizer and an antidepressant, and it is often used as a mild sedative. It diminishes the growth of bacteria and virus and also helps in treating menstrual, digestive and bronchial disorders.

Broccoli

Latin name: *Brassica oleracea var. botrytis*

Other names: Spear Cauliflower, Sprouting Broccoli, Calabrese, Purple Cauliflower, Cape Broccoli, Nine-Star Perennial Broccoli

Description: Broccoli is a biennial crop that grows up to 50 cm. in height. It boasts of large, tree-like green flower heads springing from the thick stem.

Parts used: The flower heads of the plant are used.

Useful components: The plant is a rich source of dietary fiber, carotenoids, provitamin A, vitamin C and vitamin K, potassium, iron, calcium and magnesium

Medicinal use: Broccoli boasts of a number of health benefits. It possesses twice as much vitamin C as spinach. The vitamin C content in broccoli is almost equivalent to the content in lemons. It is therefore regarded as an excellent immune system support. Broccoli possesses antioxidant and anticancer properties. Research proves that broccoli contains sulforaphane – this shields you from the risk of cancer also diminishes the severity of cancers that are present in the body. Broccoli also elevates your body's detox process, and diminishes its cholesterol levels. It prevents you from heart diseases and also lowers the risks of certain birth defects. Boiling the vegetable significantly reduces the health benefits.

Gotu Kola

Latin name: *Centella asiatica*

Other names: Asiatic Pennywort, Centenella, Indian Pennywort

Habitat: Gotu Kola is indigenous to India, China, Japan, South Africa and South Pacific and is cultivated in low and wet areas.

Description: Gotu Kola is a herbaceous plant with fan shaped green leaves. The plant bears small, light purple flowers and small, oval shaped fruits.

Parts used: The leaves and shoots of the plant are used.

Useful components: The plant is rich in volatile oil, Vitamins A, B, C and D, chromium, calcium, cobalt, manganese, magnesium, sodium, phosphorus, potassium, silica, selenium and zinc.

Medicinal use: Gotu Kola is considered as an adaptogen, antifungal, antioxidant, antibacterial, anxiolytic, digestive, nervine, diuretic, and vulnerary. It is used to treat varicose veins and can help in reduction of swelling, repairing the connective tissue and elevating circulation. It is extremely useful in wound healing and helps in treating sores, ulcers and bruises. It also invigorates the brain and nerve cells and improves

retention, memory and concentration. It imparts and overall rejuvenation and boosts the metabolic processes in the body.

SEVEN NATURAL REMEDIES

A breath of fresh air!

Air can be termed as a mixture of oxygen, nitrogen, water vapor, carbon di oxide and traces of a few other gases. How about breathing in pure oxygen? Well, that sounds great but research has proven that prolonged exposure to pure oxygen can also be harmful. Can prolonged exposure to air become harmful? Absolutely not!

This proves that air did not occur by accident. It is a carefully manufactured compound by the creator of the universe. It is Nature's first most powerful remedy!

The cells of the human body should receive a consistent supply of oxygen through the air you breathe.

The transport of oxygen from the outside air into the cells of your body and carbon dioxide from your body to the outside air is maintained by your lungs which function best when they are made to work more. Yes, your lung capacity increases with hard work.

This leads us to the second powerful natural remedy:

Exercise

Exercise not only helps in maintaining great cardiovascular health, it also enables you to stay away from depression and anxiety. The most impactful exercise designed by nature is walking. It should also be noted that exercising in some of the best spas and gyms can never take the place of walking in fresh air and sunshine. Try and choose a walking program that you enjoy. Try and start walking with some friends or family members and make this simple activity fun.

Rest

What do you do when you fall sick? Rest, of course! This is one of the basic healing therapies from Nature's cabinet. You do this every day – you lie down at night, doze off and allow nature to heal you from within. Just like your muscles need a relaxation post every contraction, your body needs sleep post a hectic day – it regenerates and heals itself!

Only a person who has been physically active during the day can enjoy a great sleep at night. You may want to go for an evening walk in case you lead a sedentary lifestyle. Maintaining regularity with respect to your sleep and wake up time is also extremely important. It helps if you let in loads of fresh air into your sleeping room. Chocolate, nicotine, tobacco, caffeine can all hamper your ability to sleep well.

Another important form of rest is recreation. You should try and do what you love most at least for a few minutes (if not hours) in a day. A Nature walk can be the perfect way

to rejuvenate yourself!

Natural food

Natural foods are the foods that can be obtained from nature and do not contain any artificial ingredients – they are not processed, prepackaged, frozen and are also not loaded with preservatives, natural color or artificial flavorings.

Unadulterated natural food can fill you with energy, health and vitality. These can be found close to nature – they are the fruits, vegetables, legumes and grains that can be obtained from your local market, farmhouse or an orchard where they have not been physically altered through the use of preservatives. The unnatural food stuff can be located on the shelf of your grocery store and will normally come in a bag. It will be processed and preserved for your convenience. This convenience is in reality leading you towards the uncomfortable truth of life – it is taking you away from nature and in turn sabotaging your health.

Sunlight

Sunlight has a profound positive impact on your immune system. The lymphocytes present in your body multiply in number after treatment with sunlight. The UV light also impacts your internal organs such as pancreas, liver, stomach, kidney and adrenal glands. Sunlight not only hastens the metabolic processes in your body, it also helps in eliminating the toxins that your body has already accumulated. Sunlight also aids in production of vitamin D which has been termed as a miracle hormone.

In a nutshell, sunlight boosts your appetite, enables you to get a sound, restorative sleep at night, strengthens your bones and improves your general well-being – this in turn nurtures your sunny spirit!

Pure water

Nothing is as great as pure soft water. Your body loses around three quarts of water every day. You lose water during breathing, talking, blinking – all the time! Lack of water can lead to health problems. One of the biggest causes of headaches is dehydration. Dehydration can thicken your blood and lead to a strain on your circulatory system. This in turn may lead to a high blood pressure, stroke or heart attack. The cause of constipation is often traced down to low water intake. It is best to start your day with a glass of room temperature water. External use of water can also heal your body. Daily bathing, moist heating pads, hot and cold foot soaks are all ways to remove impurities and heal your body.

Moderation

Practicing moderation or self-control to enjoy things that are good for you can play a great role in healing you. You understand sunshine is good for your body. But too much of it may lead to sunburns or skin cancers! Similarly, exercising is great for your body. However, too much of it can do more harm than good. Just as it is important to

practice moderation in all your activities, it is also important to practice self-control in activities such as alcohol, tea, coffee, nicotine, excessive television watching etc.

Perfect healing can only happen when you want it to happen – therefore, a positive attitude, self-control and moderation are extremely important. It is imperative that you do not abuse your body by unhealthy habits and food stuff and endeavor to stay as close to nature as possible.

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A Preview of: COCONUT OIL: 101 Miraculous Coconut Oil Benefits, Cures, Uses, and Remedies

Oil pulling is part of Ayurvedic medicine. It is a cleansing technique that has been used for centuries. You simply swish oil in your mouth for a few minutes every day. If you use coconut oil and a drop or 2 of oregano oil you can improve your mouth and gum health. It has been shown that coconut oil and oregano oil both have anti-bacterial, anti-fungal, and anti-parasitic properties. This can help balance candida in the body. You may also notice that your teeth become whiter, your gums will stop bleeding and will become a healthy shade of pink, your breath is better and tooth decay becomes diminished.

Coconut oil can be mixed with baking soda and used as a natural toothpaste. You can add essential oils to give it a better flavor.

If you feel a cold or the flu coming on mix a tablespoon of coconut oil in with a hot tea to help you recover quicker. The tea will be soothing and you will get the benefits of the coconut oil in your body.

A tablespoon in hot tea will also soothe sore throats whether its from a cold, or simply from overuse of your voice.

When taken before a meal, your food will digest better. As we talked about before, vegetable oils can cause inflammation. Coconut oil can balance your digestive system.

Many people who suffer from acid indigestion, heartburn, and acid reflux must take medication to keep the problem controlled. When someone misses a dose, the heartburn, or acid reflux returns with a vengeance. Mix coconut oil with a hot tea, or another beverage and drink it to calm stomach acid.

There has been very good news lately that coconut oil can help Alzheimer's patients and patients with Parkinson's Disease, and patients that suffer from dementia. Alzheimer's patients brains cannot metabolize sugar the way it used to. Insulin helps the brain take up sugars from the blood, however insulin isn't very helpful. Generally, brain cells simply starve to death over time. Insulin stimulates brain cells to take sugar

and metabolize it for energy. Insulin is also important in making neurotransmitters, the pathways that neurons travel on. The major breakthrough is the fact that the brain becomes insulin resistant. A substance in coconut oil and palm oil called MCT. When the oil is metabolized, it created ketones which could protect the brain from Alzheimer's, it may reverse the disease. It has been tested as possible treatments for Parkinson's Disease, Huntington's Disease, Multiple Sclerosis and amotrophic lateral sclerosis (also known as ALS, or Lou Gherig's disease). There have been some positive results with coconut oil. With further research, there may be a cure for disease that takes so much away from those stricken with the diseases.

Consuming coconut oil daily can help with insomnia. Depending on your body weight, the doses vary. People who suffer from sleep apnea can also benefit from coconut oil. A mixture of specific essential oils along with coconut oil can be rubbed on the throat and neck before bedtime. The mixture of citrus, Ylang Ylang, Frankincense and coconut oil will reduce inflammation and movement in the soft tissues in the mouth and sinus area, and in turn, reduces snoring.

If you like the preview please click on the link below to check it out!

[COCONUT OIL: 101 Miraculous Coconut Oil Benefits, Cures, Uses, and Remedies]

Thank YOU!

Thank you for checking out this book. I pour my heart into all my work.

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To your health,

Victoria Lane

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